



Contest Description

Cooking

Secondary

Date: April 15, 2026

Location: Porter Creek Secondary School

Duration of contest: 9:00AM-3:30PM

1. SKILLS FOR SUCCESS FOR CAREERS IN SKILLED TRADES AND TECHNOLOGY	2
2. CONTEST INTRODUCTION	2
3. EQUIPMENT, MATERIAL, CLOTHING	3
4. HEALTH & SAFETY	5
5. ASSESSMENT	6
6. ADDITIONAL INFORMATION	6
7. NATIONAL & TERRITORIAL TECHNICAL COMMITTEES	7

SKILLS FOR SUCCESS FOR CAREERS IN SKILLED TRADES AND TECHNOLOGY

The Government of Canada has updated the previous Essential Skills framework to the new Skills for Success model in response to the evolving labour market and changing skill requirements. This model outlines nine fundamental skills Canadians need to thrive in work, education, training, and daily life.

Skills/Compétences Canada aims to highlight the importance of these skills, vital for success in trade and technology careers. Competitors can see how Skills for Success are integrated into contest descriptions, projects, and project documents. Recognizing these skills during the competition helps competitors match tasks with specific skills necessary for success and understand how these skills apply within their trade or technology programs and future careers.

The nine key Skills for Success, validated for workplace success, are:

1. Numeracy
2. Communication
3. Collaboration
4. Adaptability
5. Reading
6. Writing
7. Problem Solving
8. Creativity and Innovation
9. Digital

1. Contest Overview

1.1. Description of the associated work role(s) or occupation(s):

https://www.skillscompetencescanada.com/en/skill_area/cooking/

1.2. Purpose of the competition

The competition is designed to test the culinary skills, knowledge, and creativity of competitors.

1.3. Duration of the competition

Competitors will begin at 9.00AM and have until 3.30 PM to complete all of their tasks, including cleanup.

Time	Event	Location
9.00 AM	Arrival, Check In	
9.10AM	Orientation/Briefing	
9:15AM	Station Setup <ul style="list-style-type: none"> • No contact with food items 	
9:30AM	Competition Begins <ul style="list-style-type: none"> • Post Work Plan • Begin Conversion Test 	
10:00AM	Deadline to Submit Conversion Test, Submit Menu	
11:00AM	Present Competencies: <ul style="list-style-type: none"> • Precision Cuts 	
11:15 AM	Chicken Butchery Competency	
11:45	Pause Production and Clean Up	
12:00PM	Lunch	
12:30PM	Competition Resumes	
2:30PM	Present Main Course	
3:00PM	Present Dessert Course	
3:30PM	Clean up and Exit Contest Area With All Belongings and Equipment	

***Please note:** Competitors must be on time for their contest or may be disqualified at the discretion of the National Technical Committee member / competition lead and judges.

Awards Ceremony:

Skills Canada National Competition Travel Dates: May 28-29, 2026

- Participants who qualify from the Territorial Skills Competition may be invited to compete at the Skills Canada National Competition in Toronto, ON, Canada.
- See section 5.2 for further detail on how to qualify.

2. Contest Description

2.1. Skills and Knowledge to be Tested

- Competitors will prepare two menus (Module A and Module B) as outlined in this contest description. The practical test challenges both culinary knowledge and creativity. This contest description outlines what is required from each competitor, and how marks are awarded.

2.2. Recipe Conversion Exercise

- Worksheet and calculator provided by the Skills Canada Yukon.
- Competitors cannot use their own device for their calculations.
- Conversion exercise will have a 30-minute deadline from the start of the contest. Competitors must submit the costing exercise and calculator by 10:00 AM.
- Competitors may not gather food until the conversion test is completed.

2.3. Work Plan & Menus

- **Work Plan Submission**
 - Competitors must submit two (2) copies of menus and work plans for the competition.
 - One copy of the competitor's work plan is to be posted at the competitor's station.
 - Work plans can be legibly hand-written. Competitors must use appropriate culinary terminology and descriptors of cooking methods.
 - Recipes may be consulted throughout the competition.
- **Menu Submission**
 - Two (2) copies of a completed menu must be prepared and submitted on the day of the competition.

2.4. Modules

Module A - Conversion Test, Competencies and Mise En Place	
Description	<ul style="list-style-type: none"> ● Conversion Test (See Appendix #2) ● A whole chicken and must complete the following tasks within a 30-minute time period ● Break chicken down into bone-In 8 cut. Please see appendix #5, French trimming is optional, skin may be removed but must be shown. ● Precision Cuts Competency: Competitors will produce the following: <ul style="list-style-type: none"> ● 100 g batonnet (using a vegetable/fruit from common table). ● 100 g small dice (using a vegetable/fruit from common table). ● 100 g julienne (using a vegetable/fruit from the common table). ● All competencies must be utilized in Module B ● Amounts used are at the discretion of the competitor but must be written into their menu and must display the core competency. ● Any unused cut vegetables should be labelled and stored in accordance with industry food safety guidelines and utilised in the menu.
Service Details	<ul style="list-style-type: none"> ● Reusable containers will be provided for the precision cuts. ● No service wares (China) permitted other than that which is provided by the committee.
Available ingredients	<ul style="list-style-type: none"> ● A list of all ingredients available for this module are included in the common table document. ● <u>Please submit your ingredients list. Items from the common table may not be available on April 9, 2026 if the list is not submitted by April 2, 2026.</u>
<ul style="list-style-type: none"> ● Conversion exercise will have a 30-minute deadline from the start of the contest. ● Competitors may not gather food until the conversion test is completed. ● Competitors are encouraged to use their time effectively and complete mise en place for Module B. ● Module B Mise en place is to be stored neatly in your fridge or at your station. 	

Module B - Appetizer, Main Course, and Dessert	
Description	<p><u>Prepare three (3) portions of the following three (3) course menu:</u></p> <ul style="list-style-type: none"> ● Main Course: Chicken Chasseur <i>The main course must include:</i> <ul style="list-style-type: none"> ● Chicken, Shallots or Onions, Garlic, Mushrooms, Tomatoes, Sauce, Parsley ● Must utilize white and dark meat on each plate ● A minimum of one (1) starch preparation ● A minimum of two (2) vegetable preparations ● Two (2) items utilized from the vegetable cuts ● A minimum of one (1) functional edible garnish ● Dessert: Tarte Tatin <i>The dessert must include:</i> <ul style="list-style-type: none"> ● Individual Classic Apple Tarte Tatin (pastry provided) ● Caramel Sauce ● Classic Chantilly Cream ● One (1) functional edible garnish
Service Details	<ul style="list-style-type: none"> ● Main Course: Minimum 350 g to maximum 425 g ● Dessert: Minimum 125 g to maximum 185 g <p><i>Cooking temperature must meet food safety standards, no frozen components.</i></p>
Available ingredients	<ul style="list-style-type: none"> ● A list of all ingredients available for this module are included in the common table document.
Special equipment required	<p>Three (3) each of the following plateware will be provided:</p> <ul style="list-style-type: none"> ● 11.25" round white plates for Main Courses ● 11.25" round white plates for Desserts <p>No service wares (China) permitted other than that provided Service spoons, glasses, ramekins etc. are not allowed.</p>

2.5. Common table/Ingredient requisition

- Food items necessary to prepare the items in the test project will be provided by Skills Canada Yukon.
- All items on the common table document will be available to each competitor, however, only items listed under Dry Goods, Frozen, Dairy, Nuts, Proteins and Stocks, Wine, Mother Sauce, Herbs and Spices, and Miscellaneous will be freely available to each competitor on the day of the competition. All other items on the common table document need to be requested by each competitor no less than 7 days prior to the date of the competition.
- Common Table ingredients found under the following headings must be requested using the requisition form found in appendix #6: Vegetables, Fresh Fruit, and Fresh Herbs.
- Skills Canada Yukon reserves the right to change or limit food items without notice, depending on availability and quality.
- You will be marked accordingly for over-use, or waste of products.
- Unless otherwise stated, ONLY the foods provided by Skills Canada Yukon are permitted for use.

2.6. Notes

- Bring only the tools that you plan to use. (I.e., if you don't need a rolling pin to prepare your menu, don't bring one.)
- It is not permitted to bring any foodstuffs to the contest, including colouring agents, wood for smoking, plastic PVC tubes, canned oil sprays or other consumable products. Only the food provided can be used with no substitutions permitted.
- Service ware and china, skewers, shot glasses, etc. are not acceptable for presentation on the judged plates.
- Competitors may bring any tool and/or equipment that is not provided on the shared equipment list. All tools and/or equipment must fit on the workstation (nothing may be stored on the floor).
- Electric Equipment: Competitors are only allowed to bring the following pieces of electric equipment: digital scale, kitchen timer, electric beaters to use for cookie batter. All other electric equipment is prohibited.
- Competitors' toolboxes must not exceed 0.6 cubic meters in volume. It can be multiple toolboxes, but the total of all toolboxes must not exceed the maximum volume indicated. (60 cm x 60 cm x 60 cm)
- Toolboxes and equipment that does not fit in or on the workstation will be stored in a separate location.
- All equipment must be marked clearly for easy identification.
- Electric domestic stoves will be used on the competition site. Please bring trays and pans that will fit into a normal home-type oven.
- Competitors must clean/sanitize/dry all tools and equipment prior to packing and leaving the site.

- All competitors are responsible for cleaning up their work areas, stoves, sinks, refrigerators, and tools before they leave the competition area at the end of the competition.

***Please note:** All competitors will be required to sign a declaration stating they have not written a certificate of qualification examination or hold journey person status in a related trade.

3.EQUIPMENT, MATERIAL, CLOTHING

3.1 Equipment and material provided by Skills Canada Yukon:

- All food from the recipes and the common table
- Adequate fridge and freezer space
- One work table with one shelf
- One stove with oven
- Available sink with hot & cold water
- One electric outlet per workstation
- Garbage, recycling, and Organics/Compost bins
- One display area for finished plates
- All Plate ware and Service ware
- Dish soap, sanitizing chemicals, and spray bottles or Sani-buckets
- Hand soap and paper towels

3.2 Equipment and material provided by Skills Canada Yukon to be shared between competitors

- Immersion blender
- Microwave
- Food processor with bowl and cutter blade
- Kitchen blender
- Spice grinder
- Plastic-wrap
- Aluminum foil
- Butcher's twine
- Cheesecloth
- Parchment paper
- Reusable Deli Containers – 250 mL, 500 mL, 1000 mL with lids

3.3 Equipment and material provided by the competitor

- Knives
- Spatulas
- All pots, frying pans, sheet pans, bowls, strainers, cutting boards, molds, etc.
- Piping bag and tips
- Scales
- Kitchen towels and dish towels
- Ladles

- Whips
- Side towels, oven mitts
- Rolling pin
- Recipes and reference books
- All hand tools used to prepare their menu items

3.4 Required clothing provided by the competitor

All items below must be clean and in good repair:

- Black wipeable non-slip, closed toe, water resistant shoes (no running shoes, sandals, crocs, etc.)
- Side towels
- Double breasted long sleeve white chef jacket
- Black or checkered chef pants
- Cleaning cloths/towels

3.5 Required clothing provided by Skills Canada Yukon

- A chef hat to be worn for the duration of the competition
- White apron

4. Health and Safety

4.1 Safety Orientation

During orientation, Competitors will participate in a Safety workshop and they will be expected to work and maintain a safe working area during the competition.

4.2 Field Level Risk Assessment

SCY has completed a Field Level Risk Assessment for every competition area in addition to a full walkthrough with a representative from Yukon Workers Safety and Compensation Board to identify potential hazards and create solutions. The primary goal of an FLRA is to identify and mitigate potential risks to ensure the safety of competitors.

4.3 Grooming Standards

- Hands must be washed; nails must be trimmed, clean and free of nail polish while working with food. False nails are not permitted in the contest area.
- Hair must be restrained during the competition. Long hair must be tucked into your hat or gathered with a hairnet.
- Beards must be neat and trimmed or restrained with a beard net.
- Any article of jewelry that poses a hazard through risk of detachment, or cross-contamination through food contact will be required to be removed prior to entry into the contest area.

Skills Canada Yukon has the right to counsel any competitor regarding the above Grooming Standards, in accordance with food safety guidelines. Competitors that refuse to comply will be removed from the competition.

5. Evaluation Criteria

5.1 Distribution of Marks

Sanitation & Safety	<ul style="list-style-type: none"> ● Proper and professional clothes ● Personal hygiene and cleanliness ● Workstation, floor, and fridge cleanliness ● Cutting board hygiene ● Proper food storage methods ● All general food safety rules must be followed ● All tools/equipment must be cleaned/sanitized/dried before packing/leaving. 	/15
Organization and Product Utilization	<ul style="list-style-type: none"> ● Food wastage – maximum utilization of food ● Energy and water – efficient utilization ● Time Management – posted work plan ● Proper planning and execution of tasks ● Menu to be submitted as outlined in the contest description 	/10
Preparation and Technical Skill	<ul style="list-style-type: none"> ● Proper and professional use of tools and equipment ● Application & execution of correct cooking techniques and methods 	/25
Presentation	<ul style="list-style-type: none"> ● Portion size in accordance with the test project parameters ● Clean Plates ● Appealing plating & contemporary design ● Harmonious colours ● Appetizing and artistic presentation of food ● Appropriate and complementary garnishes 	/15
Taste & Required Menu Components	<ul style="list-style-type: none"> ● Proper textures of food ● Correct degrees of doneness ● Balanced taste and seasonings ● Flavours match the menu specifications and descriptions ● Food service at proper temperature as specified in the test project and in accordance with industry standards ● Respect timetable regarding serving times ● All required elements outlined in the contest description, and the menu appear on the plate 	/35
Total		/100

5.2 Qualifying for the Skills Canada National Competition

A minimum score of 60% is required to receive any medal or eligibility for advancement to the Skills Canada National Competition. Competitors can secure a win in their specific competitions by demonstrating exceptional skills and abilities, and meeting or exceeding established evaluation criteria. However, qualification for the Skills Canada National Competition is not solely determined by winning at the territorial level.

The decision to advance further depends on additional factors, such as the National Technical Committee's (NTC) assessment and/or the judges' discretion, which may take into account specific criteria beyond just event performance. These additional criteria could encompass a competitor's adherence to safety protocols, ethical conduct, teamwork, or overall professionalism, ensuring that those who represent the Territory at the national level not only excel in their technical skills but also embody the values and standards upheld by Skills Canada.

***Please note:** Not all territorial contest areas are eligible for the Skills Canada National Competition.

6. Accessibility and Inclusion

6.1 Accessibility

SCY is committed to providing a barrier-free environment which allows everyone to participate in our programs and competitions. We strive to be fully inclusive to all manner of disabilities and identities. SCY provides the opportunity for any competitor to disclose a disability on our competition registration form. Requests for accommodations must be made at least 3 weeks prior to the competition date.

6.2 Inclusion

In line with our dedication to creating a level playing field for all, we are proud to announce that we are reserving 50% of the competition spots for individuals who identify as women or gender-diverse. This is a small but significant step we can take to ensure that external factors do not hinder anyone's ability to access our programs. Our aim is to promote skilled trades to a wide and diverse range of individuals, fostering an environment where everyone has an opportunity to showcase their talents and potential.

7. National Technical Committee (NTC) Member

Bell Laosomboon

(867)345-0068

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Please contact yukon@skillscanada.com with questions or concerns related to the competition.

Appendix #1 – Recipes

The recipes for this contest should be referenced from the following textbooks:

Gisslen, Wayne. (2025). *Professional Cooking for Canadian Chefs* (10th edition). New Jersey: John Wiley & Sons.

Labensky, Sarah et al. (2017). *On Cooking, A Textbook of Culinary Fundamentals* (7th Canadian edition). New Jersey: Pearson.

Culinary Institute of America (CIA). (2024). *Professional Chef* (10th edition). New Jersey: John Wiley & Sons.

Gisslen, Wayne. (2021). *Professional Baking* (8th edition). New Jersey: John Wiley & Sons.

- Some recipes are provided here. We recommend that you refer to the “On Cooking”, “Professional Cooking”. You will find procedural guidelines and in-depth supporting materials for the preparation and cooking techniques needed in Module A and Module B. Remember that the recipes are intended as a guide and **must** be adjusted as required.
- These textbooks also include photographs, text and online content that illustrates proper and safe working techniques as well as important aspects of the module's preparation (e.g., cooking roux, velouté, pan searing, pan gravy, vegetable cookery, and guidelines for plate presentations).
- Common and correct cooking practices will be respected and encouraged.
- Where ingredients may be unavailable or out of season appropriate substitutions should be made.

Chicken Chasseur

Source: *Professional Cooking for Canadian Chefs*

Yield: **20 portions: 1/4 chicken, 45 ml (1.5 oz.) sauce**

Ingredients

Chickens 0.9 to 1 kg (2 to 2 1/4 lb.) each	5 each	5 each
Salt	to taste	to taste
Pepper	to taste	to taste
Oil	2 fl oz.	0.060 litre
Shallots (or Onions), cut brunoise	2 oz.	0.060 kg
Mushrooms, Sliced	8 oz.	0.250 kg
White Wine (de-alcoholized only)	8 fl oz.	0.250 litre
Demi-Glace	1.5 pt..	0.250 litre
Tomatoes Concassé (fresh)	8 oz.	0.250 kg
Or		
Tomatoes, canned, drained, & chopped	4 oz.	0.125 kg
Salt	to taste	to taste
Pepper	to taste	to taste
Parsley, chopped	2 Tbsp.	0.060 litre

Procedure

1. Cut the chicken into 8 pieces (See appendix #2). Season with salt and pepper.
2. Heat the oil in a large brazier or large sauté pan. Brown the chicken well on all sides.
3. Remove the chicken pieces from the pan. Cover and keep them hot.
4. Add the shallots and mushrooms to the pan and sauté lightly without browning.
5. Add the white wine and reduce by three-fourths over high heat.
6. Add the demi-glace and tomatoes and bring to a boil. Reduce slightly. Season with salt and pepper.
7. Place the chicken in the sauce. Cover and simmer slowly on the stove or in the oven at 165 C (325 F), 20-30 minutes, or until done.
8. When the chicken is done, remove it from pan and reduce the sauce slightly over high heat. Add the chopped parsley and check the seasonings
9. Serve 1/4 chicken (1-piece dark meat and 1-piece light meat) per portion. Cover with 45 ml (1.5 fl oz.) of sauce.

Apple Tarte Tatin

Source: *Professional Baking*

Yield: **One – 13 cm (9 inch) tart**

Ingredients

Apples	3 lb.	1.500 kg
Butter	3 oz.	0.100 kg
Sugar	8 oz.	0.250 kg
Puff Pastry	8 oz.	0.250 kg

Procedure

1. Peel the apples, cut them in half vertically, and remove the cores. If the apples are large, cut them in half again to make quarters.
2. Select a heavy 25 cm (10 in.) skillet or sauté pan. Melt the butter in the skillet. Cover the butter with the sugar in an even layer.
3. Arrange the apples in the pan on top of the sugar. Start by standing the apple halves on end in a circle around the sides of the pan. Fill in the center with the remaining apple halves. The pan should be full of apple halves standing on their edges and leaning against each other. They should protrude above the rim of the pan, as they will sink as they cook, making a tart about 4 cm (1 ½ in.) thick.
4. Set the pan over moderate heat and cook until the bottoms of the apples are soft and the juices are thick and syrupy, about 30 minutes. The tops of the apples will be barely cooked, but will finish cooking when the tart is baked. Remove from the heat and let cool slightly.
5. Roll out the pastry and cut a circle to fit over the top of the apples. Lay the pastry circle in place on top of the apples. Tuck the edges of the pastry inside the pan, rather than letting it overlap the outside of the pan.
6. Bake at 220 °C (425°F) for 30 -40 minutes until the pastry is brown and the apples are well caramelized.
7. Let the tart stand to cool slightly. The juices will gel or be partially reabsorbed so the tart can be turned out. Place a cake circle or platter over the pan and turn out the tart. The tops of the apples should have a rich caramel colour. If more shine is desired, dust the top with sugar and caramelize it under a broiler or with a torch. Serve warm or at room temperature.

Caramel Sauce

Source: *The Professional Chef*

Yield: 12 servings

Ingredients

Heavy Cream	1 lb 8 oz.	0.680 kg
Sugar	13 oz.	0.369 kg
Glucose	10 oz.	0.284 kg
Butter	2 ¼ oz.	0.064 kg

Procedure

1. Place the cream in a saucepan and bring to a boil over medium heat. Leave the pan over very low heat to keep warm.
2. Prepare an ice water bath. Combine the sugar and the glucose in a heavy-bottomed saucepan and slowly cook over medium heat, stirring constantly, until the sugar has dissolved. Stop stirring and continue to cook to a golden caramel. Remove from the heat and shock the saucepan in the ice bath to stop the cooking.
3. Remove from the ice bath and stir the butter into the caramel. Carefully stir in the hot cream, mixing until fully blended.
4. Reserve at room temperature until needed for service. For longer storage, place in an airtight container and refrigerate. Warm the sauce before use.

Crème Chantilly

Source: *The Professional Chef*

Yield: 480 ml (16 fl oz.)

Ingredients

Heavy Cream	1 lb.	0.454 kg
Confectioner's Sugar	2 oz.	0.057 kg
Vanilla extract	½ oz.	0.014 kg

Procedure

1. In the bowl of an electric mixer fitted with a wire whip, whip the cream to soft peaks.
2. Add the sugar and vanilla and continue to whip until the cream reaches medium peaks. Reserve, refrigerated, until needed for service.

Appendix #2 - Recipe Conversion Exercise

Instructions & Example

This sample is for competitors to use for practice. It is suggested that by using this template competitors will know what is expected. The recipe included will not be the one given at the competition. The green shaded areas will be blank and need to be populated with the correct information based on the information provided in the adjoining columns.

- Worksheet and calculator are provided by the Provincial Technical Committee.
- Competitor must supply writing implement – pen or pencil
- Competitors CANNOT use their own device for their calculations. (i.e., smartphone, tablet, personal calculator, or other programmable device, laptop).
- No food is to be contacted until converting exercise is completed & submitted.
- Converting exercise may be presented before the 30-minute deadline.
- Competitors may start set-up and cooking once they are finished.
- Marking: half mark for each conversion factor, 1 mark for each new quantity.

Recipe Name: Brown Sauce

Recipe Total Yield: 4 litres

#	Ingredients	Original Quantity	Times	Conversion Factor	Equals	New Quantity (Rounded to nearest gram)
1	Carrot	0.250 kg	X	0.125	=	31 g
2	Onion	0.500 kg	X	0.125	=	63 g
3	Celery	0.250 kg	X	0.125	=	31 g
4	Butter	0.250 kg	X	0.125	=	31 g
5	Bread Flour	0.250 kg	X	0.125	=	31 g
6	Beef Stock	6 litres	X	0.125	=	750 ml
7	Tomato Puree	0.250 kg	X	0.125	=	31 g
8	Bay Leaf	.008 kg	X	0.125	=	1 g
9	Thyme	.012 kg	X	0.125	=	2 g
10	Parsley Stems	8 each	X	0.125	=	1 each
Desired Total Yield:						0.5 litres

Competitor No. ____

Score: ____ / 15

Appendix #3 - Precision Cuts



(a) Tourné: 2 in. long \times $\frac{3}{4}$ in. diameter, with 7 sides, and flat-ended (5 cm \times 2 cm).



(b) Large dice: $\frac{3}{4}$ in. \times $\frac{3}{4}$ in. \times $\frac{3}{4}$ in. (2 cm \times 2 cm \times 2 cm).



(c) Medium dice: $\frac{1}{2}$ in. \times $\frac{1}{2}$ in. \times $\frac{1}{2}$ in. (12 mm \times 12 mm \times 12 mm).



(d) Small dice: $\frac{1}{4}$ in. \times $\frac{1}{4}$ in. \times $\frac{1}{4}$ in. (6 mm \times 6 mm \times 6 mm).



(e) Brunoise (broon-wahz): $\frac{1}{8}$ in. \times $\frac{1}{8}$ in. \times $\frac{1}{8}$ in. (3 mm \times 3 mm \times 3 mm).



(f) Fine brunoise: $\frac{1}{16}$ in. \times $\frac{1}{16}$ in. \times $\frac{1}{16}$ in. (1.5 mm \times 1.5 mm \times 1.5 mm).



(g) Rondelle: round or bias-rond cuts, varied diameter or thickness.



(h) Paysanne: $\frac{1}{2}$ in. \times $\frac{1}{2}$ in. \times $\frac{1}{8}$ in. (12 mm \times 12 mm \times 3 mm; round, square, or rectangular).



(i) Lozenge: $\frac{1}{2}$ in. \times $\frac{1}{2}$ in. \times $\frac{1}{8}$ in. (12 mm \times 12 mm \times 3 mm; diamond-shape).



(j) Fermière: irregular shape, varied diameter or thickness.



(k) Batonnet: $\frac{1}{4}$ in. \times $\frac{1}{4}$ in. \times 2 $\frac{1}{2}$ -3 in. (6 mm \times 6 mm \times 6-7.5 cm).



(l) Julienne (or allumette potatoes): $\frac{1}{8}$ in. \times $\frac{1}{8}$ in. \times 2 $\frac{1}{2}$ in. (3 mm \times 3 mm \times 6 cm).



(m) Fine julienne: 2 in. long \times $\frac{1}{16}$ in. \times $\frac{1}{16}$ in. (1.5 mm \times 1.5 mm \times 5 cm).

Appendix #4 - Guidelines for Converting Recipes

PROCEDURE for Calculating Conversion Factors

There is only one step in this procedure:

Divide the desired yield by the old yield stated on the recipe. This formula may be written like a mathematical calculation, as on a calculator, or as a fraction:

Mathematical Calculation : New yield \div Old yield = Conversion factor

Fraction : $\frac{\text{New yield}}{\text{Old yield}} = \text{Conversion factor}$

Example 1: You have a recipe with a yield of 8 portions, and you want to make 18 portions.

$$18 \div 8 = 2.25$$

Your conversion factor is 2.25. If you multiply each ingredient in your recipe by 2.25, you will prepare 18 portions, not the 8 of the original recipe.

Example 2: You have a recipe that makes 20 liters of soup, and you want to make 5 liters.

$$5 \div 20 = 0.25$$

Your conversion factor is 0.25. That is, if you multiply each ingredient by 0.25, you will prepare only 5 portions.

Notice in the second example the conversion factor is a number less than 1. This is because the recipe yield is decreased. You are making the recipe smaller. This is a good way to check your math. Decreasing the recipe yield will involve a conversion factor less than 1. Increasing the yield of a recipe will involve a conversion factor larger than 1.

PROCEDURE for Converting Total Yield

1. Calculate the conversion factor as explained in the procedure given above.
2. Multiply each ingredient quantity by the conversion factor:

Old quantity \times Conversion factor = New quantity

Example 2: You have a recipe for 10 portions of Broccoli Mornay requiring 1,500 grams AP broccoli and 600 mL Mornay Sauce. Convert to 15 portions.

$$\frac{\text{New yield}}{\text{Old yield}} = \frac{15}{10} = 1.5$$

Broccoli : 1,500 g \times 1.5 = 2,250 g
Sauce : 600 mL \times 1.5 = 900 mL

Appendix #5 - Chicken Butchery

FIGURE 17.5 Cutting chicken into quarters and eighths, bone in.



(a) Place the chicken on the cutting board breast up. Split the chicken down the center of the breast with a heavy knife, as shown.



(b) Spread the chicken open and cut through the bones on one side of the backbone.



(c) Cut off the backbone completely. Save for stocks.



(d) Cut through the skin between the leg and the breast.



(e) Pull the leg back and cut off the entire leg section. Repeat with the other half. The chicken is now in quarters.



(f) To cut into eighths, cut the drumstick and thigh apart at the joint.



(g) Cut the breast and wing quarter into two equal pieces. (Another method is simply to cut off the wing.)



(h) The chicken cut into eighths. Note that the first joint of each wing has been cut off.

Appendix #6 - Common Table

Please submit the ingredients list required for your recipes by **April 2, 2026**, for completion on April 9, 2026.

Items from the common table will only be available if they are included on your submitted list.

Dry Goods		Maximum Amount	Dairy		Maximum Amount
Agar Agar	0.010	kg	Butter, unsalted	0.681	kg
Baking Powder	0.020	kg	Cream, 35%	1	litre
Baking Soda	0.020	kg	Milk, 3.25%	0.500	litre
Breadcrumbs, Panko	0.150	kg	Cream Cheese	0.125	kg
Capers	0.050	kg	Sour Cream, 14%	0.250	litre
Chocolate Dark, Callebaut 54.5%	0.500	kg	Cheese, Brie	0.125	kg
Chocolate Milk, Callebaut C383	0.500	kg	Cheese, Parmesan-Regianno	0.100	kg
Chocolate White, Callebaut 28%	0.500	kg	Frozen		Maximum Amount
Coffee, Instant	0.030	kg	Blackberries	0.300	kg
Cocoa Powder	0.250	kg	Blueberries	0.300	kg
Cornstarch	0.100	kg	Puff Pastry	2	sheets
Dried Fruit: Cherries	0.200	kg	Raspberries	0.300	kg
Flour: All Purpose	1	kg	Strawberries	0.300	kg
Gelatin: Powder	0.015	kg	Fruit, fresh		Maximum Amount
Gelatin: Sheets	15	each	Apple: Royal Gala, Granny Smith	4	each
Glucose	0.050	kg	Citrus: lemon	3	each
Honey	0.300	kg	Citrus: lime	3	each
Mushrooms: Dried, Shitake	0.150	kg	Citrus: orange	2	each
Mushrooms: Dried, Morels	0.014	kg	Nuts		Maximum Amount
Oil: Canola	1	litre	Almonds, slivers	0.200	kg
Oil: Extra Virgin Olive	0.500	litre	Pistachios, whole	0.100	kg
Poppy Seeds	0.020	kg	Herbs and Spices - Dry		Maximum Amount
Salt: fine, kosher	0.250	kg	Bay Leaves	0.010	kg
Salt: Maldon sea salt	0.050	kg	Cinnamon, sticks	0.015	kg
Sesame Seeds, White	0.020	kg	Cloves, Ground	0.010	kg
Shortening	0.454	kg	Fennel, seed	0.015	kg
Sugar: white	1	kg	Nutmeg, Whole	0.010	kg
Sugar: powdered, brown	0.300	kg	Peppercorns: black, white	0.025	kg
Sugar: Isomalt	0.100	kg	Pepper: Cayenne	0.005	kg
Tabasco Sauce	0.025	litre	Star Anise	0.015	kg
Tomato: diced	0.750	litre	Herbs and Spices - Fresh		Maximum Amount
Tomato: paste	0.050	kg	Basil	0.030	kg
Vanilla: bean	1	each	Chervil	0.015	kg
Vanilla: extract	0.050	litre	Chives	0.060	kg
Vinegar: Balsamic, cider	0.200	litre	Dill	0.030	kg
Vinegar: red wine, white wine	0.300	litre	Mint	0.030	kg
Proteins and Stocks		Maximum Amount	Oregano	0.015	kg
Bacon, sliced	0.454	kg	Parsley, Italian	0.030	kg
Bacon: Double Smoked, slab	0.150	kg	Tarragon	0.015	kg
Eggs, large	12	each	Thyme	0.030	kg
Stocks: dark veal	2	litre	Secondary		Maximum Amount
Stocks: white chicken	1	litre	Chicken, whole (1.35 kg (3 lb) avg.)	1	each
Vegetables		Maximum Amount	Peppers: green	0.500	kg
Carrots	0.900	kg	Tomato, juice	0.250	litre
Celery	1	bunch	White Wine: Dealcoholized	0.100	litre
Cucumber, english	0.500	each	Post-Secondary		Maximum Amount
Fennel	0.250	kg	Caul Fat	0.200	kg
Garlic	0.100	kg	Duck, Whole, King Cole (2.25 kg (5 lb) avg.)	1	each
Ginger	0.100	kg	Fish, Fresh, Salmonoid, whole (1.35 kg (3 lb) avg.)	1	each
Leeks	1	bunch	Proscuitto, Sliced	0.050	kg
Lettuce: Selection of Greens & Microgreens	0.500	kg	Alcohol - Post Secondary Only		Maximum Amount
Lettuce: Spinach, cello	0.100	kg	Beer: IPA, Lager	0.500	litre
Mushrooms: Button, Cremini	0.500	kg	Brandy VSOP	0.100	litre
Onions: green	1	bunch	Maderia	0.100	litre
Onions: red	0.500	kg	Wine Red: Cab Sauvignon, Pinot Noir	0.375	litre
Onions: shallots	0.100	kg	Wine White: Chardonnay, Riesling	0.375	litre
Onions: yellow	0.800	kg			
Peppers: jalapeño	1	each			
Peppers: red	0.500	kg			
Potato: Russet, Yukon Gold	0.500	kg			
Radish: red	0.500	bunch			
Squash, butternut	0.500	kg			
Tomato, Roma	0.400	kg			
Zucchini, green	0.300	kg			